

What Is Stress?

Grade Level	Sixth
Minimum Time Required	45 Minutes
Materials/Resources	Activity Sheet 1: What Is Stress? Information Sheet 1: Stress Facts for Teens
Subject Area(s)	Guidance

Project Description:

1. Have students read and discuss Information Sheet #1: Stress Facts for Teens.
2. Have them complete and discuss Activity Sheet #1: What Is Stress?.

Career Development Standard	Knowledge of the importance of growth and change.
Career Development Indicator	Identify internal and external sources of stress.
Delivery Level	Introductory
Academic Standards	
Language Arts	1.1.c Use prior knowledge and experience to interpret and construct meaning from various texts. 2.2.c Select and use the writing format required for a specific type of publication.
Employability/SCANS Skills	Personal Qualities, Thinking Skills, Basic Skills
Assessment/Rubric	Students will be evaluated on class discussion and their writing responses

Submitted by: Stress Management for Teens – An Activity Pack by Steve Bunnell

What is Stress?

Information Sheet #1: Stress Facts for Teens (For use with Activity Sheet 1)

MYTH: Stress is only a concern for adults.

FACT: Stress affects humans of all ages, including teenagers.

MYTH: Stress is no big deal.

FACT: The “wear and tear” of stress on your body leads to illness and can reduce your life expectancy.

MYTH: Stress is just a freak condition that occurs when things are really going badly in your life.

FACT: You experience stress every day in your life. Fighting stress is part of maintaining your whole health.

MYTH: Stress is just too powerful when it happens—it’s stronger than you can handle.

FACT: Stress fighting takes practice—but you can learn to handle any stress you experience; no matter how powerful.

MYTH: I’ve tried techniques before but they didn’t work.

FACT: Your attitude makes a huge difference in how well the techniques work for you.

Activity Sheet 1: What Is Stress?

- ? *STRESS is not just an “adult” problem. All humans experience stress—including teens.*
- ? *NOT all stress is bad. In some situations a moderate level of stress gives you energy to perform at your best.*
- ? *TOO much stress, however, keeps you from achieving what you really want—in all aspects of your life.*

1. HOW STRESS AFFECTS YOUR LIFE

Thinking about stress and the feelings involved is the best way to see how stress matters to you in your everyday life.

- ? What happened?
- ? How did you feel when it happened?
- ? How did you feel before it happened?
- ? How did you feel after it happened?
- ? How did you handle your feelings—before, during, after?
- ? Do you recognize any ways now in which you could have done something to make the situation come out better?

2. YOUR QUESTIONS ABOUT STRESS

- ? Read Information Sheet 1: Stress Facts for Teens that accompanies this lesson. Read each of the stress myths and the stress facts underneath them.
- ? Now read each pair a second time and circle every stress fact that you did not know already.

Activity Sheet 1: What Is Stress? (*continued*)

- ? Thinking about stress as a problem that everyone faces, what questions do you have? Make a list of additional questions about stress that occur to you that you hope will be answered in the lesson ahead.

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As you progress through the lessons to come, refer back to this list to remind yourself of your questions about stress.

3. “GOOD” STRESS AND “BAD” STRESS IN YOUR LIFE

It’s important to develop “stress alertness” in your life.

By learning all you can about stress, you will begin to recognize how stress has already been playing a part in your life, even without your knowledge.

List below three different situations in your life when stress benefited you and three situations when stress hurt you.

Good Stress

1.

2.

3.

Bad Stress

1.

2.

3.

- ? What makes “good” stress different from “bad” stress in your life?
- ? Can you think of ways to turn any of your “bad” stress situations into “good” stress situations?